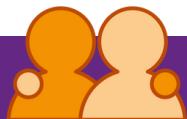


A photograph of two women walking a black dog in a grassy park area with trees in the background. The woman on the right is wearing a white tank top and blue jeans, and the woman on the left is wearing a grey tank top. They are both smiling and looking at each other. A purple circle in the top right corner contains the text 'Rethink Mental Illness'. A large purple shape on the left side contains the text 'Group and Activity Listings for...'. An orange shape at the bottom right contains the word 'Salisbury' in a script font.

**Rethink
Mental
Illness**

Group and Activity Listings for...

Salisbury



Social and Wellbeing

Wellbeing Café – Salisbury

Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting new people.

- Salisbury Playhouse Café (Malthouse Ln)
- Every Wednesday (14-15:30)

<https://www.rethink.org/wiltshirewellbeingcafes>

The Community Cafe

A place to give members the space and time to get to know us and each other. This café is for anyone in Salisbury who wants to join us.

- Salisbury Baptist Church, 41 Brown St, SP1 2AS
- Every Tuesday morning (10:00-12:00)
- T: 01722 417100

Bemerton Heath Community Café

Offers a variety of services and activities for the local community. Includes community fridge and social activities.

- St Michael's Community Centre, 96 St Michael's Road. SP2 9LE
- Café is open Monday to Friday (10:30 to 14:00)

<https://bemertonparish.org.uk/contact>
<https://bemertonparish.org.uk/community-fridge-larder/>

Muse

It was established at the start of the Covid pandemic to help members of our community who found themselves isolated and alone.

- For further details please enquire.
- E: musecic@gmail.com
- T: 07515 822 479

Muse-Salisbury Area Memory Support Group

This group gets together every Wednesday morning in a private home in Salisbury and provides a safe and comfortable space for people living with dementia to meet and to talk.

- E: musecic@gmail.com
- T: 07515822479 (Contact: Jane Ebel)

www.dementiavoices.org.uk

Muse- Get Connected Project

A project to support older and more disadvantaged people who were suddenly cut off from family and friends.

- Please see website for details.

<https://musecio.org/what-we-do/uk/>

Reading Friends

A relaxing opportunity to meet others and stimulate positive memories, in a friendly supportive group conversation. The sessions are free of charge.

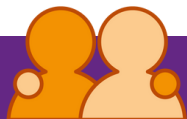
- Salisbury Library, Market Walk. SP1 1BL.
- Fortnightly - Thursdays 11:00-12:30
- E: libraryenquiries@wiltshire.gov.uk
- T: 01722 324145

Golden Oldies (Goldies)

The Golden-Oldies Charity (or Goldies) provide regular singing sessions and events for older people across Wiltshire.

- E: events@golden-oldies.org.uk
 - T: 01761 470006
- For dates, times and venue please see website.

<https://www.golden-oldies.org.uk/wiltshire.html>



...cont...

Salisbury Repair Café

There are now over 20 volunteers attached to the Café, and the enthusiasm to pass on repair skills to a younger generation is driving the development of the How to... Café.

For further details please see website.

<https://www.salisburyrepaircafe.org/>

Hope Centre Book Group

Informal group, it's a real page turner!

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St, Salisbury SP2 7RP
- First Monday of the month 11:45-12:45
- E: hello@wearestpauls.church
- T: 01722 334005

The Pantry Partnership - Cooking Workshop

Cooking workshops for anyone and everyone – Student Workshops open to school leavers, young people fending for themselves for the first time.

- See website for further details.

www.thepantrypartnership.org/activities

withINsight Social

Informal social get-togethers for neurodivergent people in and around Salisbury who are looking for a relaxed and welcoming way to meet others.

- Everyman Cinema, 17 Endless Street, Salisbury, SP1 1DP
- First Tuesday of the month 19:00-21:00
- E: emily@withinsightcoaching.co.uk
- T: 07719 735617

<https://www.withinsightcoaching.co.uk/events/withinsight-social/>

U3A

u3a is about learning, socialising and friendship for those who have finished full time work and raising a family.

u3a offer numerous groups and activities across all categories and interests. Contact local branch for more details.

<https://northwiltswiltshire.org.uk/>



Music, Singing and Dance

Movement for the Mind - Alzheimer's Support

Movement for the Mind groups meet fortnightly for gentle exercise to music in a supportive and friendly group setting.

Please refer to website for information on local groups.

<https://www.alzheimerswiltshire.org.uk/movement-for-the-mind>

Music for the Mind - Alzheimer's Support

Singing group for those with dementia and their carers.

Please refer to website for information on local groups.

<https://www.alzheimerswiltshire.org.uk/music-for-the-mind>



Support Groups

Life Recovery Group

A group which supports those who struggle with life controlling issues and addictions.

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St. SP2 7RP
- Thursdays 17:30 - 19:00
- T: 07722 237850 if you would like to join this group.

NAS South Wiltshire

Generally, a group of like-minded people from the autism community making things better for ourselves.

- The community space, Tesco Southampton Road SP1 2NY.
- First Monday of each month (not bank holiday).
- E: NASSouthWiltshireBranch@nas.org.uk
- T: 07795 368113

The Friary Group (Home Start)

The Friary Group aims to help mums who are isolated and / or vulnerable to come together once a week during term time to build strong relationships, get advice and access services.

- Friary Community Centre, Salisbury
- Wednesday 11:30 - 13:30 (Weekly within term time)
- T: 07503 936087

https://homestartsouthwiltshire.org.uk/get-support/#support_groups

Safe Haven

A group for women with life controlling issues.

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St. SP2 7RP
- Wednesdays 11:15- 13:00
- E: kerry@wearestpauls.church
- T: 07722 237850

The Listening Place

Free confidential drop-in service, for face to face appointments.

- Salisbury Methodist Church, St Edmund's Church St, SP1 1EF
- For a full list of days and times please see website.
- T: 01722 325294

<https://www.thelisteningplace.org.uk/>



Environmental, Nature and Garden

Hazel Hill Trust

Hazel Hill is 70 acres of private, ancient woodland, lovingly managed by a small team from Hazel Hill Trust as a Conservation, Education and Retreat Centre. There are several ways you can get involved.

For more details please contact:

- E: bookings@hazelhill.org.uk
- T: 07399 482319



Art and Craft

Mandys Art and Craft Group

Join Mary and her team for arts and crafts, bring your own along and try new things.

- Fisherton Hall, St Paul's Church Centre, Fisherton Street, Salisbury SP2 7QW
- 2nd Wednesday of the month 13:30 - 15:30
- E: hello@wearestpauls.church
- T: 01722 334005

Sean Slater's Art School

A professionally tutored fundamentals of Painting and Drawing class. Materials not provided. Booking is essential.

- Fisherton Hall, St Paul's Church Centre, Fisherton Street, Salisbury SP2 7QW
- Mondays Afternoon Class 14:30-16:50
- Evening Class 18:30-21:00
- T: 07739 360008 (Contact: Sean)

Sheena's Art Group

A relaxed, informal group Come and have a go! Small donation to cover cost.

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St, Salisbury SP2 7RP
- First Monday of the month 10:30-12:00
- E: hello@wearestpauls.church
- T: 01722 334005

Well-City

Well-City Salisbury supports people with low to medium mental health needs in the Salisbury area through free, 8-week long creative courses and volunteering opportunities.

- Various venues.
- E: wellcity.salisbury@wessexarch.co.uk
- T: 07707296883

<https://www.wellcitysalisbury.co.uk/>



Digital and Online

Digital Support Appointment - Salisbury Library

Sessions designed to help you learn more about using computers, the internet, smartphones, tablets, and other devices.

- Salisbury Library, Market Walk, SP1 1BL
- E: libraryenquiries@wiltshire.gov.uk

<https://libraries.wiltshire.gov.uk/web/arena#/>

Side by Side

Online peer-support community. Safe and supportive space where people can connect with others who understand their experiences with mental health (provided by MIND). <https://sidebyside.mind.org.uk/>

Togetherall

A digital mental health support service which is available online, 24/7. Monitored to ensure the safety and anonymity of all members. Various resources and guides available. <https://togetherall.com/>

Shout (Wiltshire)

A Wiltshire specific text support service. Individuals can receive free, confidential support from a trained volunteer via text message. For anyone struggling with mental health. Text WILTS to 85258



Religious, Cultural and Ethnic Activities

SP2 Lifegroup

A group who meet to explore faith, the Bible and life together in creative ways. We start with a meal at 7pm, all welcome.

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St, SP2 7RP
- Wednesdays 19:00 - 21:00
- T: 07722 237850

Oasis

A bible study group for women of all ages. It makes time in the week to meet with God, be refreshed, make friends, and grow in the Christian life.

- E: hello@wearestpauls.church
- T: 01722 334005



Physical Activity, Sport and Exercise

Sahaja Yoga

Sit on chairs to achieve yoga, effortlessly & spontaneously. So, there is no need for mats and no special clothing required.

- Salisbury Quaker Meeting House, 51 Wilton Road, Salisbury, SP2 7EP
- Fridays, 19:45
- E: sahajayogasalisbury@gmail.com

<https://www.meetup.com/free-meditation-yoga-salisbury/events/hgsdgtyfcqbcb/>

Parkrun - Salisbury

Parkrun is a free, fun and friendly weekly 5k community event.

- Churchill Gardens, Southampton Road, SP1 2LW
- Every Saturday at 9:00

<https://www.parkrun.org.uk/salisbury/>

Age UK Fitness and Friendship Club - Salisbury

Each meeting includes gentle exercise to help maintain strength, balance, and flexibility. There is no need to pre-book, but attendees will need to complete a registration form on the first session. Sessions cost £5 per session.

- United Reform Church, 30 Fisherton Street, Salisbury, SP2 7RG
- Every other Thursday, between 14:00-16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk
- T: 07754 612 569

Ramblers Wellbeing Walks

Walks are led by an experienced Ramblers Wellbeing Walks leader along tried-and-tested, easy to reach routes.

Various locations see website for details.

<https://beta.ramblers.org.uk/go-walking/wellbeing-walks>

Street Tag

Street Tag is a gamified healthy lifestyle app that promotes and enhances community-wide participation in physical activities (walking, cycling and running). <http://www.streettag.co.uk>



Children and Young People (incl Parents)

Rise 61

Create positive opportunities where young people can tell a different story with their lives.

- St Michaels Community Centre, St Michaels Road, Salisbury, SP2 9LE
- E: robin@rise61.org
- T: 07730 874 543

<https://www.rise61.org/>

My Comic Soda Bar-Board Game Café

Board game cafe for children and young people. Board games available, as well as a 'bring your own boardgame' option.

- 45-49, Catherine Street, Salisbury, SP1 2DH
- E: mycomicsodabar@gmail.com

<https://www.experiencesalisbury.co.uk/listing/my-comic-soda-bar/>

Just Ju-Ju

An interactive Children's Singing Group for children aged 2-5.

- Hope Centre Room 4 159-161 Fisherton St, SP2 7RP
- Mondays 10:15 - 11:15
- E: justjujuandted@gmail.com
- T: 01722 711045

Rhyme Time - Salisbury Library

Please come and join us for Rhyme Time! Book via library, Facebook or phone.

- Salisbury library, Market Walk, SP1 1BL.
- Mondays 9.30am (Babies). Wednesdays 11am (Toddlers). Fridays 10am (Babies & Toddlers).
- T: 01722 324145

The Ark

A church-led parents and toddlers group. Opportunity for parents to find friendship, support and encouragement in a relaxed environment while the toddlers enjoy themselves.

- Fisherton Hall, St Paul's Church Centre, Fisherton Street, SP2 7QW
- Wednesday 10:15 - 11:45
- E: hello@wearestpauls.church
- T: 01722 334005





Health Matters

Wiltshire Sight - Salisbury Social

Supporting Blind and Partially Sighted People across Wiltshire. Appointment only.

- Salisbury Baptist Church
- 3rd Wednesday of each month.
- T: 01380 723682

<https://www.sightsupportwest.org.uk/wiltshire/>

Wiltshire Sight - Salisbury Resource Centre

A Community Sight Loss Advisor. Drop in or call to book an appointment.

- Salisbury Resource Centre in WS charity shop
- Every Tuesday from 10:00-16:00.
- T: 01380 723682

<https://www.sightsupportwest.org.uk/wiltshire/>

Parkinson's UK - Salisbury

Group offers friendship and support locally to people with Parkinson's, their families, and carers.

- Salisbury Quaker Meeting House.
- Monthly, every third Tuesday 14:00-16:00.
- E: jhenderson@parkinsons.org.uk
- T: 0344 225 3694 (Contact: Jane Henderson)

<https://localsupport.parkinsons.org.uk/provider/salisbury-branch>

Happy Hearts

Those looking to help improve heart health and lung capacity.

- South Newton Village Hall, South Newton, SP2 0PJ
- Face to Face Classes (£10 per session)
- Mondays 10:30 - 11:30
- E: Salli@SallisHappyHearts.co.uk
- T: 07969 909162 (Contact: Salli)

Salisbury Diabetes Group

The group provide support to people living with diabetes, as well as their family and friends.

- St Paul's Church Hall, St Paul's Road, Salisbury, SP2 7QW
- Meet monthly.
- T: 01722 334005

<https://stonehenge.diabetesukgroup.org/>



Cost of Living

St Paul's Foodbank

Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.

- Fisherton Hall, St Pauls Church, Fisherton Street. SP2 7QW.
- Monday, Wednesday & Friday 11:00 - 14:00
- E: info@salisbury.foodbank.org.uk
- T: 01722 580173

<https://salisbury.foodbank.org.uk/locations/>

Bemerton Heath Foodbank

Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.

- St Michaels Cafe - St Michaels Church, 96 St. Michaels Road Bemerton, SP2 9LE
- Tuesday 15:30 - 18:00, Thursday 15:30 - 18:00
- E: info@salisbury.foodbank.org.uk
- T: 01722 580173

<https://salisbury.foodbank.org.uk/locations/>



... cont ...

Bemerton Heath Community Fridge

Working with local retailers and individuals who donate food that is near its best before date or that is surplus to their need.

- St Michael's Community Centre, 96 St Michael's Road, Salisbury, SP2 9LE
- Monday - Friday 10:30 - 14:00

<https://bemertonparish.org.uk/contact>
<https://bemertonparish.org.uk/community-fridge-larder/>

Salisbury Pantry

Membership open to residents from the Salisbury City Parish area who are struggling to pay bills. Weekly membership of £5.00, members will be able to choose from a selection of food.

- 59 Catherine Street, Salisbury, SP1 2DH
- Tuesdays 10:00 - 15:00
- E: salisburypantry@salisburycitycouncil.gov.uk
- T: 01722417100

Somewhere to Go

For those in the area needing assistance support and guidance on debt management, rent arrears, utility costs and benefit claims.

- Alabare Place, Barnard Street.
- E: housingsupport@alabare.co.uk
- T: 01722 334687 Mon - Sat (11:00-15:00)

<https://www.alabare.co.uk/home/somewhere-to-go2/>



Volunteering

Cancer Support Salisbury

Weekly drop-in's, where people can come and relax and chat and feel supported.

- 51 Wilton Road, Salisbury, SP2 7EP
- E: info@cancersupportsalisbury.com
- T: 07926 841698

<https://www.cancersupportsalisbury.com/volunteering>

River Bourne Community Farm

River Bourne Community Farm is a free to visit, city farm including fifty-four acres of beautiful water meadows.

- For further details please see website or call.
- T: 01722 330667

<https://www.riverbournecommunityfarm.org.uk/>

The Dogs Trust

Volunteering opportunities for dog walking and kennel cleaning at rehoming centres in Salisbury.

Please see website for further details.

<https://www.dogstrust.org.uk/support-us/volunteering>

Wiltshire Wildlife Hospital

Volunteers play a vital role in the daily running of the hospital.

Please see website for further details.

<https://www.wiltshirewildlifehospital.co.uk/volunteer>

Trussell Trust Community Shops

Trussell Trust charity retail has nine shops and a donations warehouse run by a small staff team and a large team of amazing volunteers.

For more information about our shops and warehouse please call or email.

- E: retailenquiries@trusselltrust.org
- T: 01722 548 850

Please note that community and group activities details can change frequently. Always check for latest details via contact or websites for the respective organisations.

This book has been compiled by **Rethink Mental Illness** services within Wiltshire. We have approximately 90 services keeping people living with mental illness safe and well in the community, preventing their needs from escalating, and helping them live independently.

Find a service in your area on our website.



This booklet is available to download from:
rethink.org/wiltshirewellbeingcafes

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on
Rethink Mental Illness
Phone **0121 522 7007** or
email **info@rethink.org**

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rethink.org